

# September Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i><b>Mondays 9:00-3:00</b></i>	<i><b>Tuesdays 9:00-8:00</b></i>	<i><b>Wednesdays 9:00-3:00</b></i>	<i><b>Thursdays 9:00-3:00</b></i>	<i><b>Fridays - Closed</b></i>
<b>2</b>  <b>Center is closed</b>  <b>Enjoy the holiday</b>	<b>3</b> 11:00 Exercise to Video 1:00 Stitching Post <b>5:30 *Do Something Grand</b> <b>Intergenerational Pizza Dinner</b>	<b>4</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>12:30 Bridge</b> 1:00 Wii Bowling	<b>5</b> 11:00 Exercise to Video <b>Noon *Are you prepared?</b> 1:00 Wii Bowling 1:00 Rummikub	<b>6</b> 
<b>9</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>10</b> 11:00 Exercise to Video 1:00 Stitching Post <b>1:00 Blood Pressure</b> <b>2:00 *Holiday Craft</b> <b>5:30 *Pizza Dinner</b> 6:30 Cards/Games	<b>11</b> 9:30 Drawing/Painting Club <b>10:00 Mobile I&amp;A</b> 11:00 Exercise to Video <b>12:30 Bridge</b> 1:00 Wii Bowling	<b>12</b> 11:00 Exercise to Video <b>Noon *"Go Orange"</b> <b>Hunger Awareness</b> 1:00 Wii Bowling 1:00 Rummikub	<b>13</b>  <b>Center is Closed</b>  <b>Arlington National Cemetery Trip</b>
<b>16</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>17</b>  <b>Center is Closed</b>  Picnic hosted by the Frederick Senior Center	<b>18</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>12:30 Bridge</b> 1:00 Wii Bowling  <b>Giving up the car keys</b> <b>(evening program at Frederick)</b>	<b>19</b> 11:00 Exercise to Video <b>11:30 Blood Pressure</b> <b>Noon *Breakfast for Lunch</b> <b>(formerly omelet bar)</b> <b>12:30 Ask Nurse Steve</b>	<b>20</b>  <b>Senior Centers:</b> <b>Experts at</b> <b>Living Well</b>
<b>23</b> 10:00 Stitching Post 11:00 Exercise to Video <b>1:00 Bingo (Fall Prevention)</b> <b>1:30 *Tai Chi</b>	<b>24</b> 11:00 Exercise to Video 1:00 Stitching Post <b>1:00 Blood Pressure</b> <b>5:30 *Pizza Dinner</b> 6:30 Cards/Games	<b>25</b>  <b>Center is Closed</b>  <b>Baughner's Trip</b>	<b>26</b> 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	<b>27</b>  <b>Center is Closed</b>
<b>30</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>National Senior Center Month</b> <b>Hunger Action/Awareness Month</b> <b>National Preparedness Month</b> <b>Falls Prevention Awareness Week (September 22-28)</b>			